

WESTFORD COUNCIL ON AGING NEWSLETTER MAY 2019

OUR MISSION: The Council on Aging promotes physical, emotional, economic well-being of aging adults and their engagement in all realms of community life.

Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

20 Pleasant St., Westford, MA 978 - 692 - 5523 www.westfordma.gov/coa

“GAY NINETIES CELEBRATION!”

Sponsored by the Friends of Cameron Senior Center, Emerson Hospital, Cook Oil, Inc. and the Westford Rotary

The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 21st from 10:30 AM – 2:30 PM at the Franco American Club.** In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch by Cormier Catering served around 11:30 AM. Entertainment by the Justin Meyer Jazz Trio with vocal accompaniment. **Advanced registration is necessary, at 978-692-5523 before May 10th.** If you were born in 1929 or earlier, please indicate your **birth year** when registering so you can be acknowledged.

Our honored Westford guests age 90 and over are welcome to bring **two** guests; they will be seated at your table.

Both the honoree and their two guests attend free of charge.

The cost for all other guests will be \$17 if you are not a member of the Friends of Cameron and \$12 if you are a Friends member. Transportation is available.

WOMAN'S BREAKFAST

In honor of Mother's Day, May's Woman's Breakfast on Monday, May 13 at 9 a.m. is being generously **sponsored by Patti Mason, Mary Alcorn, and Angela Harkness.** Jose Ramirez will be discussing his latest book *Cuba and the "Last" Baseball Season.* This will be the last Woman's Breakfast for the series; We would like to thank all the volunteers that have helped with the Woman's Breakfast it could not have been done without you. Advanced registration is requested for Mother's Day breakfast so please call 978-692-5523.

The next Woman's Breakfast will be on Monday, September 9th.

OPIOIDS: A DEATH SENTENCE:

Tuesday, May 7th at 2-4 p.m. Located at Henderson Hall 116

There is a major and serious opioid epidemic that is killing hundreds of people. This presentation/workshop will explore the issue of drugs and addiction; define what an opioid is; look at the five major drugs that are being abused, especially Fentanyl, and explore causes and treatment options. Lastly, it will trace the history of the epidemic. Presenter: Edward Alessi. **Cost is \$15. Sign up at 978-692-5523.** **591 Springs Rd, Bedford, MA 01730 transportation is available.**

ART SEMINAR: HENRI MATISSE, A MASTER OF 20 CENTURY MODERNISM

Friday, May 10th at 3-5 p.m. Held at Trustee House, Galvani

The career of Henri Matisse (1869-1954) proves his boundless creativity and energy. This seminar presents an overview of Matisse's life and art, beginning with his powerful Fauvist work. He continued to change and evolve, as we see his subject matter gravitate around the female form, leading to his mature style focused purely on color and form. Matisse's experimentation with reduction of space and simplification of form set the stage for the incredible Cutouts series. **Cost: \$29. Sign up at 978-692-5523. 591 Springs Rd, Bedford, MA 01730 transportation is available.**

GENEALOGY SERIES

Learn more about your Family Heritage

Thursday, May 16th, 23rd, and 30th at 6:00 -7:30 p.m. Located at The Cameron

Genealogists: Dave Welsh, Bob Oliphant & Patti Mason

Do you want to learn more about your family history and how to do research? A trio of local Westford genealogists will discuss different aspects of genealogy for the beginner and for intermediate genealogists over 3 weeks. Dave Welsh will address getting started with family research; Bob Oliphant will discuss federal census records and will describe how to do foreign language genealogy (French Canadian, Italian, Swedish); and Patti Mason will discuss the wealth of sources available on the internet as well as some lesser-used sources. The Group will show samples of Genealogy to help you get started with your own search.

Time will be given to assist with individual questions and research – during class or later.

Cost : \$10

A message from our director:

Learn more Habitat for Humanity of Greater Lowell's Critical Home Repair program currently offering grant funding to Westford older adults ...

Habitat for Humanity was fortunate to be awarded a grant to help Westford homeowners who are age 60+ and/or veterans and family with a range of repairs from wheelchair ramps, window replacements, new flooring, insulation, plumbing and much more. However, one must reside in the residence or serve as primary residences. Dwellings that could qualify for this critical repair program include a single-family home, duplex and/or condo homes. Income eligibility guidelines are as follows:

one-person HH-\$44,280,
two-person HH-\$50,640,
three-person HH-\$56,940,
four-person HH-\$63,240 and
five-person HH-\$68,340.

Also, applicants must pay 25 percent of the overall estimated value of the repair work and show proof of current homeowners' insurance and paid up to date property taxes. Veteran applicants will need to demonstrate proof of general honorable discharge. If you have an interest in learning more about this program that might not be available next year, and your current household needs repairs please reach out to our social services staff by simply calling Alison Christopher, LICSW Town Social Worker at 978-399-2325 or Annette Cerullo, Outreach Coordinator at 978-399-2326. This is a great opportunity to get affordable critical repairs that perhaps are beyond the scope of the Cameron's Handyman program. If you meet the eligibility criteria and have a financial hardship again, please reach out to our social service staff because we may be able to assist financially to the best of our ability. We would hate for a resident to miss such an opportunity ensure your home is weather-proof, less financially and emotionally burdensome.

Jennifer

PS- Please remember when signing up for programs please have the correct change because we have limited petty cash.

Friends Corner

FRIENDS ANNUAL MEETING:

Thursday, May 9 at 10 a.m., Computer Room

All Friends members are invited. Come share your ideas, ask questions, give feedback, discuss plans for the coming year, and elect the 2019-2020 Board of Directors. Any Friends member may run for office or volunteer to be on a committee. Interested? Just leave your name and phone number at the front desk and someone will contact you. We can use every-one's talents, knowledge and skills!

WANTED!

LEADERS FOR THE FRIENDS BOARD

- * Get involved – contribute your ideas, enthusiasm, optimism & energy
- * Have fun, network & collaborate to accomplish goals
- * Share your talents, skills, knowledge & experience with others
- * Help shape future directions for the Friends

YOU CAN MAKE A DIFFERENCE!

Friends Annual Meeting

THURSDAY, MAY 9, AT 10 A.M.

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY
~ ALL AT AFFORDABLE PRICES ~

COMING IN MAY

"WAIT 'TIL THE COWS COME HOME!"

CLEAN, USABLE DONATIONS ALWAYS APPRECIATED!

To our Trudy volunteers- Please call Barbara Upperman at 978-808-1386 if you can't make your shift so she can find someone to cover during needed time(s). Thank you for your help and dedication to the shop and our Cameron center.



*** Room locations are subject to change ***

You can sign up for all of these classes by calling 978-692-5523.

Please remember there will be a \$5 cost per class for non-Westford residents.

AEROBICS

For all exercise levels. This workout alternates standing, low impact choreographs with standing & strength exercise and it will elevate your heart rate. This eight week sessions will be starting the first week in May.

Instructor: Elaine Corsetti

Wed. at 9:15 a.m. in the multi-purpose room

Cost \$40 for Non Westford residents

Fri. at 8:30 a.m. in the card room

Cost \$40 for Non Westford residents

BONE BUILDERS

Classes are sponsored by Community Teamwork Inc. and are taught by their trained and dedicated instructors. This is an osteoporosis prevention and reversal program. Application must be filled out to participate and can be picked up at the front desk.

Mon. & Wed. at 9:30 a.m. in the card room

Tues. & Thurs. at 1 p.m. in the card room

CHAIR MOVEMENT

This class incorporates the use of a chair and helps build endurance & strength of the heart, muscles and concludes with stretching. This eight week session will be starting the first week in May.

Tues. at 10:15 a.m. in the multi-purpose room with Jo Crawford

Cost \$40 for Non-Westford residents

Thurs. at 10 a.m. in the multi-purpose room with Carol Wing

Cost \$40 for Non-Westford residents

CIRCUIT TRAINING

This class offers body conditioning and endurance training using various intensities. An exercise "circuit" is one completion of all prescribed exercises in the program. This eight week session will be starting again the first week in April. Exercise level: Intermediate to advanced.

Instructor: Allison Hillman, PTS, BS Certified Personal Trainer

Tues. at 4:30 p.m. in the fitness room

Cost \$40 for Westford residents

Cost \$50 for Non-Westford residents

Thurs. at 3:30 p.m. in the fitness room

Cost: \$40 for Westford residents

Cost: \$50 for Non-Westford residents

FITNESS CAMP

This class is to provide a whole body work-out that builds strength & endurance. The next twelve week session for this class will be starting on May 1st.

Instructor: Kim Vespucci, NPPTI CPT

Wed. at 1:30 p.m. in the multi-purpose room

Cost:\$60 for Non-Westford residents

GOLF

Tues. at 7:30 a.m. or 8:45 a.m. April 30th —October

Quail Ridge Golf Club (354 Great Rd. Acton).

Cost \$25 per session. RSVP- 978-692-5523.

PICKLE BALL—Weather Permitted on the Field at the Cameron

If you are a well seasoned pickle ball player and wish to be added to the email list please contact krussell@westfordma.gov. To sign out the equipment on the weekend you must be a Westford resident, be on the email list, and sign it out in the book at the front desk and returned Monday morning at 9am. All pickle ball players need to have a waiver signed in order to play. Any questions or concerns please contact Katie at 978-399-2330 or at krussell@westfordma.gov

PING PONG — Drop-ins are welcome

Mon. at 1:45 p.m. in the Card Room

Tues. at 3:30 p.m. in the Card Room

Fri. at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'AI CHI

This is a low-impact moving meditation and includes standing, balance and alignment! This eight week session will be starting the first week in June.

Instructor: Leslie Thomas

Mon. at 1 p.m. in the card room

Cost \$40 for Non- Westford Residents

No T'AI CHI on Monday May 13, 20, and 27th

YOGA

This class helps you stay flexible & strong without putting stress on your muscles. Great mind—body relaxation. This eight week session will be starting the first week in May.

Instructor: Jo Crawford.

Tues. at 9 a.m. in the card room

Cost \$40 for Non-Westford residents

Thurs. at 10 a.m. in the card room

Cost \$40 for Non-Westford residents

ZUMBA

Awesome workout that involves dance aerobic movement and lively music.

This eight week session will be starting the first week of May. ***Note: Zumba will take place at Millworks on Tuesday, May 14th. Millworks is located at 22**

Town Farm Road, Westford Instructor: Carol Wing.

Tues. at 8:15 a.m. in the multi-purpose room

Cost \$40 for Non-Westford residents

Thursdays at 9 a.m. in the multi-purpose room

Cost \$40 for Non-Westford residents

Thanks to the Friends of the Cameron Senior Center classes are free to Westford Residents unless noted.

DINING OPTIONS

**ALL LUNCHESS CAN BE MODIFIED BASED ON DIETARY NEEDS
PLEASE NOTIFY THE FRONT DESK AT REGISTRATION.**

VETERANS BREAKFAST

Thursday, June 13th at 7:00 a.m.- 9:00 a.m.

At The Village Breakfast Restaurant. Westford Veterans and their spouse are invited for a complimentary buffet breakfast. **Sponsors American Legion Post 159, The Village Breakfast Restaurant and the Cameron.** Sign up at 978-692-5523.



Don't Miss

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. **reservations are required 24 hours** in advance by calling 978 692 5523. **(If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)**

Cost is \$3. **May lunches**

Wednesday, May 1st American Chop Suey

Wednesday, May 8th Tuna Salad Sandwich

Wednesday, May 15th Shake and Bake Chicken and Mac n Cheese

Wednesday, May 22nd Baked Stuffed Potatoes

Wednesday, May 29th Salad Bar

BIRTHDAY CELEBRATION

Thursday, May 30th at 12:30 p.m.

Come Celebrate the May Birthdays! Lunch is followed by cake and ice cream that will be sponsored by **Keller Williams. Keller Williams will also be doing a presentation about staying safe in your home.** Please call in advance to register at 978-692-5523. Cost is \$5 and birthday celebrants is free **May Meal Choice is ~ Kentucky Fried Chicken and sides.**

RESTAURANT REVIEW ~ Dutch Treat!

Wednesday, May 29th at 11:30 a.m.

Join others for lunch at Andiamo Restaurant, 18 Boston Rd #100, Chelmsford. When you arrive, you can check in under "Westford Senior Center". Bon Appétit. Sign up at 978-692-5523.

LUNCH WITH MARTHA

Friday, May 31st at 12 p.m.

Come have lunch with Martha Brockway, our newest staff member! Martha has been our volunteer coordinator since November. She joined us after working for 39 years at the Social Security Administration. Come get to know Martha - ask her a Social Security question, learn about volunteer opportunities, or just enjoy a light lunch! Sign up at 978-692-5523.



NEW

MEN'S BREAKFAST

Tuesday, May 14th at 8 a.m.

Geoff Hall will presenting on the history of Westford. Please sign up at 978-692-5523.

LUNCH AND LEARN

Friday, May 17th at 12:15 p.m.

May is National Stop the Bleed Month! Stop the Bleed continues to empower the general public to make a difference in a life-threatening emergency by teaching them the basic techniques of bleeding control. Our town nurse Gail Johnson and her team want to teach these life saving techniques to you.

HEALTH AND WELLNESS

HEARING SCREENING

Monday, May 13th at 9:30 a.m.

Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978-692-5509.

MANICURES & PEDICURES

Call to make an appointment

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and Reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

WESTFORD HEALTH DEPARTMENT OFFERS:

BLOOD PRESSURE & MORE

Tuesday, May 14th at 9 a.m. at the Cameron Senior Center

Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns.

WHAT IS WESTFORD CULTURAL COUNCIL?

If you attended the Westford Chamber Players concert at the Cameron Senior Center this past November, then you've experienced one of the many programs funded in part of the Westford Cultural Council. The Council is responsible for disbursing funds received from the Massachusetts Cultural Council (MCC) to the local cultural and the artists activities. Each year, the Council reviews proposals and grants funds to local applications for a variety of projects that benefit Westford citizens. The funding for the community-based projects in the arts, sciences, and humanities is appropriated annually by the State legislature.

Be Heard! You can help determine funding priorities for 2019-2020!

MCC requires the Westford Cultural Council to set its annual funding priorities before the start of each year's grant cycle in September. We're looking for Westford residents of all ages to help us set our priorities for the 2019-2020 grant cycle, and we're looking to learn more about the community we serve. You can help by filling out a paper copy of the Westford Cultural Council Community Input Survey:2019, available at the Cameron Senior Center. You can also fill the survey out online at:

<https://goo.gl/forms/OOLeKlgScgwIPrW02>

Follow us on Instagram, Facebook, and Twitter!

Find out more about the events we've funded as well as other cultural happenings in the community by following our social media accounts!



[@WestfordCulturalCouncil](https://www.facebook.com/WestfordCulturalCouncil)



[@WestfordCulture](https://twitter.com/WestfordCulture)



[@WestfordCultural](https://www.instagram.com/WestfordCultural)

Questions? Want to learn more? Contact us.

Want to learn more?

- Visit the [Westford Cultural Council](#) web page, where we announce major events (like grant cycles)
- Email us at WestfordCulturalCouncil@gmail.com.

55+ EARLY EVENING PROGRAMS:
Open Tuesdays and Thursdays 4:00-8:00 p.m.

BINGO/HOT DOG/BURGERS

Now 2 nights a month!

Thursday, May 9th and Thursday, May 23rd at 5 p.m.

Due to popular demand, Hotdogs and Burgers will be served the 2nd and 4th Thursday of every month before bingo. A hot dog, chips, drink and dessert setup for \$2.00. A hamburger set up is \$3.00 and it is \$4 for a hotdog and burger combo. Simply pay at the front desk when you arrive. Bingo starts at 7:00.

“BEING MORTAL”

Tuesday, May 14th at 4 p.m.

Dr. Atul Gawande wrote this book and Nashoba Nursing & Hospice staff will highlight the contents. Sensitive and heartfelt examination of the processes of aging and dying will be reviewed. A film will be shown so reading the book is not needed to attend and a book has been donated to our library. Please sign up at 978-692-5523 by Friday, May 10th.

CAMERON MOVIE NIGHT

Thursday, May 16th at 4:30 p.m.

Join us for the movie “I Can Only Imagine”, which tells the true story of Bart Millard's complicated relationship with his abusive father, played in the film by Dennis Quaid. For \$3.00 you get a movie, popcorn, drink, light meal and dessert. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

BOOK CLUB

Tuesday, May 21st at 6 p.m.

Join us in our cozy library for our monthly discussions. We will be reviewing the historical fiction Necessary Lies by Diane Chamberlain. Please see Annette for a book.

PLANNING FOR MEDICARE—Countdown to age 65!

Thursday, May 23rd at 6 p.m.

Join us for a free seminar about when and how to enroll in Medicare, avoiding fees, Medicare Parts, Medigap plans and drug plans. Heather Hurd, a Blue Cross Blue Shield rep will be leading this class to help make this process feel less confusing. Come with your questions and please sign up by 5/20 at 978-692-5523.



INTERGENERATIONAL PROGRAMS:
CONNECTING PEOPLE OF DIFFERENT AGES



SPECIAL MUSICAL PERFORMANCE AT THE CAMERON

Tuesday, May 14th at 2:30 p.m.

Tri-Music Honor Society at Westford Academy will be performing and light refreshments will be served. Sign up at 978-692-5523.

PIANO LESSONS WITH SHAUNNA (NEW)

Starts on Wednesday, May 22nd at 5 p.m.

Piano is great to learn because it gives a sense of accomplishment while being entertaining to learn as well. Learning piano also helps with coordination, movement of joints, and it increases memory. Any level can be taught: from the basics to intermediate songs. The goal for this program is to have fun while learning piano. Sign up for Free 30 minute individual classes, and if you want, you can sign up for partner and group lessons as well! Call the front desk 978-692-5523 to sign up!

PEN PALS:

We want to start a Pen Pal Program in collaboration with the Rec. Dept. after school program. But we need more volunteers before we get started. If you are interested in being a pen pal to a child for 6 weeks please sign up at 978-692-5523. If you have any questions please contact Katie at krussell@westfordma.gov.

ACORN TO OAKS

Monday, May 20th at 9:30 a.m.

We are collaborating with the Roudenbush in a reading program to the students at the Frost school. Please contact Katie at 978-399-2330 or at krussell@westfordma.gov with any questions.

LETS PLAY GAMES:

Friday, May 31st at 2:30 p.m.

The Community Club at the Stonybrook Middle school will be coming once a month to play a variety of fun games. Call 978-692-5523.

TECHNOLOGY HELP WITH VAMSI VETSA

Appointments: Every Tuesday, at 2:30 p.m.

Please sign-up We are glad to have Vamsi Vesta a WA student volunteer his time and expertise in providing one on one technology help. So, no more technology hesitations because Vamsi is enthusiastically here to help you. Appointments are available to prior sign-ups. Please call 978-692-5523.



COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Ridership has increased and transportation schedules are getting tight. We would love to fill each and every one of your transportation needs. To give us a better chance of getting you where you want to go we ask that you be flexible in your schedules and call for a reservation at least 48 hours prior to your appointment. Odds will be much better if scheduled within that time frame.

With our first priority being rides to medical appointments, our transportation services will also take you to local errands, and each and every Cameron Senior Center sponsored activity.

Here are some additional transportation highlights:

- *Vans run Monday thru Friday 8:00 – 3:30
- * Bingo every Monday afternoon at 1:00 and every Thursday at 6:45
- * Monthly excursions to who knows where – more to come
- * Round trip suggested donations within Westford is \$3.00
- * Round trip suggested donations to Chelmsford, Acton, Groton, Littleton, and Carlisle is \$6.00
- * Round trip cost to Ayer, Concord, Lowell is \$8.00
- * 15 minute rule: We ask that you be ready 15 minutes before your scheduled pickup time and understand that we may pick you up 15 minutes after your pickup time.
- * Don't forget to get your free 10th ride punch card from driver
- * For same day appointment changes please call front desk at 978-692-5523
- * When leaving a message please be sure to leave **YOUR NAME, YOUR PHONE NUMBER, DATE, TIME AND LOCATION OF YOUR APPOINTMENT.** Please give Chuck a call at 978-399-2322 to get your seat on the van.

MEDICAL EQUIPMENT DONATIONS:

We will gladly accept donations that are in working condition and clean. We reserve the right to refuse donations if they do not meet this criteria. Walkers, transport chairs, wheelchairs, commodes, tub seats and canes may be donated. Any questions call Annette at 978-399-2326.

MEALS ON WHEELS

Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

* SUPPORT GROUPS *

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, May 1st at 6:30 p.m.

1st Wednesday each month at 6:30 p.m. Cameron Senior Center.
For information, call Sandy at 978-758-6072.

VETERANS SERVICES

Thursday, May 9th at 11a.m.

Meet with **Westford Veterans Agent, Ryan Cobleigh** at the Cameron. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

ASK THE OFFICER

Thursday, May 9th at 11 a.m.

Westford Police Department Family Services Detective Niris Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

ASK THE REALTOR

Monday, May 13th at 10 a.m.

Local real estate agent **Kathy Cunningham of Coldwell Banker.** Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT with Fred Baumert, Counselor

Monday, May 13th at 12:30 p.m.

For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

ASK ANNETTE—THE TAX RELIEF PERSON

Wednesday, May 15th at 10:30 a.m.

To help our senior homeowners be more aware of the real estate tax exemptions that you may be eligible for, we hold monthly 1:1 appointments. On the 3rd Wednesday of the month 30 min. appointments are available between 10:30 and 12:00. Call the front desk to sign up, 978-692-5523.

ASK THE LAWYER

Tuesday, June 11th at 9:30 a.m.

Free legal service provided by the office of **Attorneys Madge & Johnson** is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

Water Refill Station coming soon thanks to Sustainable Westford... (New at the Cameron)

The Cameron is excited to have the opportunity to obtain a water refill station with the funding support from Sustainable Westford. Replacing the water bubbler located in our multi-purpose room will easily save our center \$1000 annually, reduce administrative costs and equally important contribute to the Cameron's effort to be more environmentally-friendly.

We are expecting our last shipment of ten five gallon bottles of water on April 29th and once these bottles are used the bubbler will be removed and you will find our new refill station in place of our water fountain near the stairs in the lobby entrance area. This refill station will also provide hot water for our tea drinkers so know more hot water flavored like coffee. Also, there will be a safety lock on the hot water to ensure safety of all ages that utilize the center. So please bring your own water and/or water bottle from home and fill up your water bottle as much as you need. Also, in line with supporting the recycling efforts in Town we hope to purchase an ice machine soon, so we can provide cold pitcher(s) of water for our meal events, exercise classes and other programs.

PS- Your COA staff hopes to see many of our volunteers sporting their specially made water bottle around the Cameron that all received as a thank you gift at our recent Volunteer Appreciation Luncheon held on April 17th. For those volunteers who were not able to attend the luncheon please stop by the front desk to receive your water bottle.



T.R.E.A.D.

Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1st**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability; and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2019. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Annette Cerullo at 978-399-2326.

HOUSING *Important Information*

Just a friendly reminder that affordable housing is very hard to find in Westford and the surrounding communities. Senior subsidized housing has an estimated 3-5 year waiting list for in town applicants. Market rate rentals are not affordable for many seniors. So, please think ahead and consider putting yourself on waiting lists early if you think there is any chance that you will need this type of housing in the next 5 years. There are several new apartment complexes in the permitting and building process that will have "affordable" units by lottery. If you are interested in receiving information on these buildings and lotteries as we receive it, please call Alison at 978-399-2325 to be put on an email list.

Dementia Friendly Westford Committee

Our group is open to anyone who is interested in helping the Town of Westford to be more friendly for people with dementia and their care partners. We will be continuing to work on our website content and discussing ways to engage the business community in town. RSVP to Alison at 978-399-2325 if you'd like to join or be added to our email list.

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

With the beautiful weather upon us I'm sure many of you will be enjoying the fresh air. We hope you will stop by and visit us at the Cameron for some socialization, volunteering or one of our many exciting programs. If you are unable to get here and would like a visit, please call me, Annette, at 978-399-2326. We are here to serve you.

KEYSAFE COMES TO WESTFORD

This program with the Fire Dept. has been a huge success with over 25 lock boxes installed at senior's homes. If you live alone, have medical issues or frequently need to call 911 then you are a candidate for a key safe lock box. The box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire dept, your neighbors and family can have the code to prevent damaging your home to enter in an emergency. For more information about the program call Annette at 978-399-2326.

ELECTRIC SUPPLY CO INFO – LOW RATES!

Corrected Information from April Newsletter

The town of Westford joined with 22 other communities to obtain a low rate from the electricity supplier Public Power. National Grid will continue to *deliver* your power, but Public Power will be listed as the *supplier* on your bills unless you have a contract with another company. This 3-year contract is from 1/1/18- 12/31/20 and the corrected rate is \$00.10430/kw. To possibly sign up for the program call 1-844-627-7232 and for more information visit www.masscea.com. You may also call Annette at 978-399-2326.

RED DAY

Much thanks to our local real estate agency, Keller Williams and coordinator Fred Baumert, for hosting a spring cleanup date for a few of our local senior residents. This type of community outreach makes Westford a very special place.

CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2-year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

ORGANIC VEGETABLE DISTRIBUTION – Start date to be determined

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents that meet income guidelines. (Fuel assistance criteria). To participate one must sign an income attestation on the day of produce pick up. This distribution is held at the Westford Housing Authority at 65 Tadmuck Road in the Community Center. Because this program is so desirable people often arrive early so we will pass out numbers starting at 12:30. The freshly picked vegetables will be distributed at 1:00. Distribution will begin late May or early June and continue into the fall. Any questions call Annette at 978-399-2326.

MASS. EQUIPMENT DISTRIBUTION PROGRAM: June 10, 10:00-11:00

If you are a Massachusetts resident with a permanent disability, you could be eligible for the MassEDP program. This program provides specialized telephone equipment to people with vision and/or hearing impairment at little or not cost. A representative will be here on June 10th to display the telephones and accept applications. You may also visit www.mass.gov/massedp for more information or call 1-800-300-5658. Please register to attend this program at 978-692-5523.

The Atrium

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A Very SPECIAL Message...

From our very own Peter Cina



Enrich Your Retired Life

Do you have time on your hands? Do you spend most of it at home? Is life losing its luster for you? A very simple way to enrich your life is to volunteer. That's right, volunteer! The world and even our local communities are full of volunteer opportunities. Some of these may require specialized skill sets, but most don't. Most require only your time and your presence. If you think you don't have time to volunteer, think again. You almost certainly do. For example, I volunteer at a school in Lowell, in a prison, and in a furniture bank, among others. These take about 14 hours a week. I still have plenty of time to do various things I enjoy, and spend time with family and friends. Why volunteer? For me – 2 reasons. One, I like to help. I've been fortunate in my life and like to give back. It is nice to feel needed. Two – my volunteering enriches my life. I think that many people who don't volunteer imagine that volunteering is giving without getting back. This is not true. Every one of my volunteer activities adds to the quality of my life. I would not do them if they did not. The way my life is enriched by them is different for each one, but there is one thing they all have in common. They improve my outlook on life. We all watch, read, or listen to the news almost every day. 85% – 90% of what is on the news is tragic, sad, criminal, or violent. It shows us the worst that people do and the way our institutions fail us. Listening to this day in and day out, month and year after year, it is easy to feel cynical and develop a pessimistic world view. It is easy to think that the world is going to hell in a handbasket and that everyone is just out to get what they can for themselves. But, through volunteering, I come into regular contact with good people who are doing good things. It counteracts the negativity of the news and allows me to have a more upbeat and balanced view of the world. I can honestly say that the things I observe in the school in Lowell have given me more cause for optimism than anything else I've seen in years. Volunteering can do the same for you. In short, my message is this: if you are not volunteering, you don't know what you are missing!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Alz. Spt. Group 6:30 Train Club 7:00	2 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Chair Movement 10:15 Hand & Foot 12:30 Bone Builders 1:00 Whole Foods 2:00 Circuit Training 3:30 Bridge 3:30 BINGO 7:00	3 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
6 Quilting Club 9:30 Bone Builders 9:30 Whole Foods 10:45 Open Art Studio 12:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	7 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Thrive 7 10:00 Watercolor Club 10:00 Upbeat Band 10:15 Chair Movement 10:15 Whole Foods 10:45 Bone Builders 1:00 Write your Story 2:00 Opioids Seminar 2:00 Ping Pong 3:30 Tech Help with Vamsi 2:30 Aging Mastery 4:00 Circuit Training 4:30	8 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 COA Bd. Mtg. 4:00 Train Club 7:00	9 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Chair Movement 10:15 Friends Annual Mtg. 10:00 Ask the Officer 11:00 Veterans Services 11:00 Hand & Foot 12:30 Bone Builders 1:00 Whole Foods 2:00 Circuit Training 3:30 Bridge 3:30 Hot Dog Burger Night 5:00 BINGO 7:00	10 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Art Seminar 3:00
13 Woman's Breakfast 9:00 Quilting Club 9:30 Hearing Clinic 9:30 Bone Builders 9:30 Ask the Realtor 10:00 Whole Foods 10:45 Open Art Studio 12:00 SHINE 12:30 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	14 Men Breakfast 8:00 Zumba 8:15 Billiard Players 8:30 Blood Pressure 9:00 Yoga 9:00 Thrive 7 10:00 Watercolor Club 10:00 Upbeat Band 10:15 Chair Movement 10:15 Whole Foods 10:45 Bone Builders 1:00 Write your Story 2:00 Ping Pong 3:30 Tech Help with Vamsi 2:30 Music Performance 2:30 Aging Mastery 4:00 Being Moral 4:00 Circuit Training 4:30 Van Trip 5:00	15 Aerobics 9:15 Bone Builders 9:30 Tax Help 10:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	16 Billiard Players 8:30 Harbor Cruise Trip 9:00 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:15 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods 2:00 Circuit Training 3:30 Bridge 3:30 Movie Night 4:30 Genealogy 6:00 BINGO 7:00	17 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Lunch and Learn 12:15
20 Quilting Club 9:30 Acom to Oaks 9:30 Bone Builders 9:30 Channel 5 Trip 10:00 Whole Foods 10:45 Open Art Studio 12:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	21 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Thrive 7 10:00 Upbeat Band 10:15 Chair Movement 10:15 Gay 90's 10:30 Whole Foods 10:45 Bone Builders 1:00 Write your Story 2:00 Ping Pong 3:30 Tech Help with Vamsi 2:30 Aging Mastery 4:00 Circuit Training 4:30 Book Club 6:00	22 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	23 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:15 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods 2:00 Circuit Training 3:30 Bridge 3:30 Hot Dog Burger Night 5:00 Medicare Planning 6:00 Genealogy 6:00 BINGO 7:00	24 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
	28 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeat Band 10:15 Chair Movement 10:15 Whole Foods 10:45 Bone Builders 1:00 Write your Story 2:00 Ping Pong 3:30 Tech Help with Vamsi 2:30 Aging Mastery 4:00 Circuit Training 4:30	29 Aerobics 9:15 Bone Builders 9:30 Restaurant Review 11:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Piano Lesson 5:00 Train Club 7:00	30 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:15 Birth Day Lunch 12:30 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods 2:00 Circuit Training 3:30 Bridge 3:30 Genealogy 6:00 BINGO 7:00	31 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Lunch w/ Martha 12:00 Playing Games 2:30



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TRIPS

MOHEGAN SUN CASINO

Join us as we head to Connecticut on our Casino getaway day! We are planning to travel to the Mohegan Sun Casino Tuesday, June 4 and are inviting all those ages 50 and over to join us. Silver Fox Motor Coach will once again be driving us with **departure from the Franco-American Club at 7:30 AM.** Please park at the rear of the lot. The fee for this trip will be \$36 which includes driver gratuity and is due at sign-up. You will receive bonus and food coupon when you arrive at the casino. Please call 978.692.5523 to sign-up for this fun day at Mohegan Sun!



TOUR OF WCVB - CHANNEL 5 AND LUNCH

Monday, May 20th at 10 a.m.
Patti Mason will be taking a Small group from Cameron on a Tour of WCVB - Channel 5 for 8 people. Patti won the Tour at an Auction and wanted to share with Cameron Seniors. Trip includes Tour WCVB and view the Noon News too. Will go to lunch after the Visit - Place TBA. Home about 2:00pm. Cost \$15 for Cameron Van and lunch cost on your own. Call 978-692-5523 to sign up.



EVENING VAN TRIP TO RESTAURANT

Tuesday, May 14th at 5:00p.m. – 7:30p.m.
Our first night trip to a restaurant was well received so we thought we will offer it monthly. The next road trip will be to *Tavern in the Square in Littleton*. Van rides will cost \$4.00/person and sign ups are required by 5/10 for the van and/or dining reservations. 978-692-5523.

DAY BUS TRIPS

Listed below are some upcoming Bus Trips for this year. For more information please contact Katie at 978-399-2330 or krussell@westfordma.gov or pick up the flyers at the Cameron. To sign up for these trips call 978-692-5523.

Date	Trip
Thurs, May 16	Fox Tours presents Spirit of Boston Harbor Cruise & Delicious Lunch Cost. \$99. Trip is Closed. Waitlist Available.
Tues, June 18	Best of Times presents the 3 Red Neck Tenors and Lunch at the Danversport Yacht Club. Cost \$97
Wed, June 26	Fox Tours trip to see the Red Sox vs. White Sox game in Boston in your 3rd base side grandstand seats. Lunch will be on your own. Cost \$109.
Tues, Jul.16	Best of Times presents Michael Minor and a traditional Maine Lobster bake at Foster's Clambake in York, Maine. Cost \$109 Trip is Closed. Waitlist Available.
Sat, Aug. 24	Jersey Boys at North Shore Music Theater Trip is Closed. Waitlist Available.
Thurs, Sept. 19	Royal Tours presents JFK in Hyannis enjoy a harbor cruise, luncheon, and visiting the JFK Museum. Cost \$105
Tues, Oct. 22	Fox Tours presents the Essex Valley Steam Train & Connecticut Riverboat and lunch at Go Fish restaurant. Cost \$ 109. Trip is Closed. Waitlist Available.



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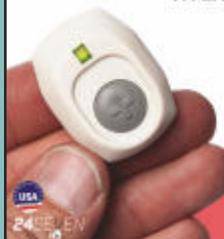
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Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information
lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

MAY FOOD PANTRY HOURS:

- **Monday: May 6, 20** from 1:30 - 3:30 p.m.
- **Wednesdays: May 8, 22** from 8:30 - 11:30 a.m. and **May 8, 15, 22, 29** from 6 - 8 p.m.
- **Thursdays: May 9, 23** from 9:30 - 11:30 a.m.
- **Fridays: May 3, 10, 17, 24, 31** from 8:30 - 11 a.m.
- **Saturdays: May 4, 11, 18** from 9 - 11 a.m.

BOARD MEETINGS

COA Board— Wednesday, May 8th, at 4 p.m.
Friends of Cameron – Thursday, May 9th, at 10 a.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Charles Dutton, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Edna MacNeil, Front Desk
John Wilson, Maintenance
Robert Rafferty, Night Supervisor

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Patricia Holmes
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